

Congrats, Education Service Center 19!



The benefit of prioritizing your health and wellness at work goes far beyond boosting morale and team building.

The health and wellness programs provided by TRS-ActiveCare can help reduce stress, prevent illnesses and improve your mental health.

The winner of the spring TRS-ActiveCare Wellness Spotlight is... **Education Service Center 19!**

ESC-Region 19's dedication to wellness is turning into homeruns! They've stepped up to the plate to create a culture of wellness by:

- hosting their first community event, a Make A Wish Walk, and earned an award for top-fundraising team
- highlighting wellness resources at employee orientations
- making stretching, mental health and gratitude exercises part of department meetings
- creating a wellness committee that meets monthly to plan how to encourage wellness on their campus
- making time for team building and employee appreciation during staff development days
- hosting a wellness kick-off event with 200 employees in attendance to highlight the importance of wellness and their commitment to their employees' wellbeing



ESC-Region 19 is just warming up! They'll be launching a wellness webpage, creating a calendar of wellness events and working to incorporate more educational opportunities and wellness activities for employees.

Thank you for being a great role model for wellness.

More about the Wellness Spotlight

Interested in learning about the Wellness Spotlight and other programs available to you through TRS-ActiveCare? Work with your Senior Wellness Consultant, Marissa Ryals! She can help your district or Education Service Center:



- earn or maintain a Worksite Wellness Award
- have a current and active Employee Wellness Program
- have a dynamic Employee Wellness Committee
- offer ongoing wellness initiatives like Be Well Challenges, Wellness 5k events, health education events, TRS-ActiveCare Wellness campaigns, and health fairs
- complete the onthemark Wellness Pulse Check Survey

Reach out Today!

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